"A Study of The Effect of Yogic Intervention on Psychological & Physiological Parameters of Working Women"

A SYNOPSIS

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SIGNIFICANCE OF STUDY-

Scientific researches on yoga has revealed that regular yoga practice improves physical fitness (Gharote 1973), physiological variables (Govindarajulu et al. 2002) and personality factors in Athletes (Biswas et al. 2002), Cardio-respiratory Endurance (Ganguly 1981, Bera 1993) and peak flow rate (Gore 1987).

Yogic relaxation technique helps in reliving the stress early (Bera et al.1998) and it also helps to enhance required respiratory capacities and abilities in sports(Khodaskar 1998). In Langley porter Neuropsychiatry Institute in California, Lekh Raj Bali(Med.Dec. 1979): found that a reduction in blood pressure and anxiety levels in hypertensive patients continues for 12 months after Yoga Nidra training.

Proper ratio between the duration of Purak, Kumbhak and Rechak is maintained in order to condition the nervous system and other body function associated with the respiratory system (Kuvalyananda, 1972), Shaktiganavel, D. (1998) found that significant changes in lungs vital capacity, heart rate and muscular endurance during practice of Pranayama. Bhole, M.V. (1979) found no significant difference between inspiratory volume and kumbhaka period/duration of Pranayama. Gore, M.M. (1981) found that slight increase in peak flow rate due to practice of Anulom-Vilom Pranayama.

The role of yoga in promotion, prevention and cure of disease like Asthma, hypertension (wilson et al. 1975, Datey et al. 1969) has been established by the scientific studies. Yogic practices produce consistent physiological changes and have sound scientific basis. (Madanmohan et al. 1983, Wallace et al. 1971).

At recent time there has been an increased awareness and interests in health and nature remedies. Yoga is an effective and time tested method for promote/improving our health as well as prevention and management of

diseases especially psychosomatic and degenerative chronic disorders. The scientific psycho-spiritual discipline of Yoga is the most precious gem of our culture and heritage and is being practiced in India for thousands of years.

The first sacred book of human kind Rigved have described the yogic meditation thus-"Wise persons worthy of yoga meditate on an established their intellect in the divine who is omniscient, omnipotent and creator."

(युज्यते मनउत युज्यते धियो विप्रा विप्रस्य बृहतो विपश्चितः। विहोता दधे वयुनाविदेक इन्महीं देवस्य सवितुः परिष्टुतिः।। – ऋग्वेद)

Yajurved says : "Practicing yoga again and again, enhancing mental and physical strength for mutual friendship and protection we meditate on the divine who is omnipotent and affluent. (योगे योगे तवस्तरं वाजे वाजे हवामहे। सखाय इन्द्रमूतये।। . यजुर्वेद)

Modern age in the age of stress and stress induced disorders are posing a great challenge to the present society/generation.

Women are the foundation of every society. Yet for many women in the world's poorest regions, life is extraordinarily difficult. Women constitute an important segment of any community and perform multiple roles as mothers, housewives and wage earners. In this sense, education effectively can help women to play these roles more by enhancing their literacy skills better hygiene, caring for family health, utilization of their leisure time to develop their vocational skills for their economic enhancement, to fight against exploitation and to conquer the disadvantage and discrimination which they suffer from and that is indeed the greater and foremost empowerment.

It is observed that yogic techniques are being applied in various fields such as management courses, industrial workers, police training etc. However, the effect of yoga practice on the **Working Women** has not been reported so far. Therefore it was thought that the effect of yogic intervention should be studied on the **Working Women.**

REVIEW OF LITERATURE:

- **G.V. Pargaonkar & T.K. Bera (2007-08);** Study results indicate significant increase in hemoglobin & reduction in W.B.C. The result also indicate that full course of yoga more effective in solving hematological problem in female police trainees than the easy and short courses in yoga.
- **Vijay kumar singh (2007);** result met revealed that the practice of Nadi Sodhan Pranayama significantly improves the FVC, which implies the improvement of lung function. That is necessary condition to prevent common lung diseases and enhance the body vitality.
- **University of California Los Angeles (2007 March);** Tai Chi(meditation + relaxation +components of aerobic exercise) significantly boosts the immune system of older adults against the virus that leads to the painful, blistery rash known as shingles, furthermore it cause significant improvement in physical functioning, vitality, mental health and reduction in bodily pain.
- **M.G. Kesari, P.S. Vaishwanar and B.V. Deshkar (2006);** this study has been done on 30 male students of medical college, Aurangabad in the age group of 17 to 20 yrs. These effects were compared with those of non yogic exercise performed by similar group of 30 male student of same age group. At the end of two months period urea clearance, creatinine clearance values of the group performing yogasanas & pranayama were significantly raised where as these values mostly remained unchanged in the group performing non-yogic exercises.
- **R.S. Bhogal et al (2005);** A month long yoga/aerobic training & six monthly follow up program revealed a more beneficial effects in the residential yoga group, in terms of reduction of anxiety as compared to non residential yoga group and aerobic group.

- **S.K. Ghosh (2005-06);** with the limitation of the study the following conclusion were drawn:

1. Physical exercises, yogic practices & combination of physical exercise & yogic practices had reduced the pulse rate & respiratory.

2. Physical exercises, yogic practices & combination of physical exercise & yogic practices did not bring out any change in min arterial pressure.

3. Combination of physical exercises & yogic practices reduced the pulse rate more than that of physical exercises.

- **M.M. Gore (2005);** Six week yoga training was observed beneficial to five young Weight lifters in the experimental group in comparison to five young Weight lifters of control group in respect of improvement in chest circumference, blood pressure, peak expiratory flow rate and pulse rate.
- **S.L. Kolasinski, et al. (2005);** conducted a study Iyengar Yoga for treating symptoms of osteoarthritis of the knees and found that statistically significant reduction in pain, stiffness improvement physical function and other symptoms.
- **K.A. Williams, et al. (2005);** found that after completion of 16 weeks yoga intervention program, the Iyengar yoga practice was associated with significant reduction in pain intensity, functional disability and use of pain medication.
- **Kamkhaya Kumar (2004);** Results shows the significant change as yoga nidra positively decrease the stress level of the subjects. Where as no significant change has been seen in anxiety level. More over, yoga nidra positively increase the general well-being of the subjects.
- **Kamkhaya Kumar (2004);** Results shows the significant change in the practice group as yoga nidra positively decrease stress & anxiety level of both the male & female subjects.

- **T.K. Bera (2003-04);** study results revealed at combined stimulus (yoga plus tread mill exercise) was significantly more effective as compared to single stimulus (only yoga) in improving physical work capacity and Oxygen consumption.
- **R.S. Lolage and T.K. Bera (2002);** selected pranayama work found useful in improving cardiovascular endurance of Kho-Kho players.
- **R.R Dhume,. et al. (1991)** -Have found that the yogic practices improve muscles balance, control significantly than other techniques or medication.
- **Narayan, R. et al. (1990);** This work was aimed to quantify the degree of relaxation of muscle under the effect of yoga with the help of EMG integrator. The data collect from 8 individuals (four males and four females) on the degree of muscle relaxation at the end of meditation revealed a significantly decrease muscle activity amounting to 58% of the basal level of both sexes.
- **M.M. Gore (1987);** He concluded his research study-the short term yogic training camp arising of Asana, Prnayama and Kriyas having primary objective of physical culture, improve neuromuscular efficiency in normal and stressful situation.
- **Dr. A.M. Moorthy,(1983);** He observed his research study the yogic exercises are effective in improving muscular fitness of normal healthy person and patients.
- **Mrs. R.R Deshpande and Dr. M.V. Bhole (1982);** They conclude after their research work-the yogic practice that is Asana, Pranayama, and Kriyas change the blood pressure. Yogic treatment influences TLC and DLC of patients in a favorable manner.

- **M.L. Gharote, et al. (1976);** He concluded his research work that the introduction of yogic exercise improves the muscular activity and its strength. This is essential for physical fitness.

In the following above literature review I select this topic that is Effect of selected yogic practices on working women. The purpose of this study is to assess the effects due to practice of selected yogic practices.

Statement of Problem:-

To Study the effect of Yogic Intervention on Psychological & Physiological Parameters of Working Women.

Objectives: -

1. To Study the effect of Yogic Intervention on Psychological Parameters of Working Women.
2. To Study the effect of Yogic Intervention on Physiological Parameters of Working Women.

Variables:-

Independent Variables-

1. Yogic Package-

- **Pragya Yoga by Pt. Sriram Sharma Acharya**
- **Yoga Nidra by Bihar School of Yoga**
- **Nadi Shodhan Pranayama by Pt. Sriram Sharma Acharya**

Dependent Variables-

1. Psychological Parameters-

- Stress

- Anxiety

2. **Physiological Parameters-**

- Blood Pressure
- Hemoglobin,
- T.L.C.
- D.L.C.
- Alpha-EEG

Other Variables-

- Age (25-50 yrs)
- Sex (Female)
- Education (P.G. & Above P.G.)

DISCRIPTION OF VARIABLES-

Independent Variables-

PRAGYA YOGA:

This exercise may be practiced even by young child, old person, male and female happily where every main part of our body will be balanced. With this stiffness, weakness can be reduced. This pragya yoga was constituted by our pujya gurudev Pt. Shreeram sharma Acharya where there is good mixture of asanas, mudras, breathing exercises and movement of the body. With the combination of asana and, one may have proper balance of physical, mental.

With each step of asanas is included with each word of Gayatri Mantra. Along with physical exercise one's mental concentration and spiritual purity is exercised.

It included 16 asanas which is given with each mantra with each asana.

1. Tadasana (om bhu): Start inhaling slowly and raise our hand and feet simultaneously on upward direction and stand on the toes. Your head and

eyes should be upward direction. This will be your tadasana position. Hold as far as possible through which heart weakness, blood purification and reduces the fat content from your body. It also reduced stiffness and laziness from the body and body becomes active.

2. Padahastasana (om bhuwaha): Exhale slowly and bend forwards try to touch palms on the floor and knees with your forehead. Do not bend your knees. Hold this position for some time. Through this all breathing problems can be solved. Indla, pingla and Sushma nadi will be strengthened. Stomach related problems can be solved. Constipation and indigestion can be cured.

3.Vajrasana (om sawah): From the padahastasana position slowly bend the knees and toes should be flat on ground and sit on the feet. Your body should be erect and hand on the knees. This is only asana which can be done even after meals. It also reduced constipation; your digestion power will be improved. Strengthen our abdominal position and muscles.

4.Ushtrasana (Tat): Stand on the knees takes back your hands and touch the feet. Slowly inhale and push your chest forward like camel. Try to see back. By which stomach, abdominal, neck, shoulders will be exercised. Heart, back portion, indla, pingla and shushumna nadi be trengthened. It improves digestion and intestine as well.

5.Yogamudrasana (sawitur): Exhaling your breath bend forward and raise your hand upward from back. Interlock your palms. Try to touch the forehead on the ground. The entire breathing problem can be solved. Increases jatharagni and digestion power and reduced fat. One has to concentrate on Manipur chakra.

6.Ardhatadasana (varenyam): Know slowly raise your hand up with inhaling. There will be no change in sitting posture. You should concentrate on your palms. This will be your ardhatadasana. Heart weakness, purification of blood and reduces the fat from the body. All the benefits of tadasana can be seen here also.

7. Shashangasana (bhargo): Exhale while bending your hand, head and feet simultaneously forwards and tries to touch your head to the ground. Stretch your palms as far as possible. With this stomach related problem can be cured. It regulates the functioning of the adrenal glands. It helps to alleviate disorders of both the male and female reproductive organs. Regular practice relieves constipation. When practiced with ujjayi pranayama in the final position, it helps to eliminate anger and is very cooling for brain.

8. Bhujangasana (dewasya): Without moving our hands and legs move our feet forward with deep inhaling. Raise your chest and head upward. Your

arms straighten and lower the pelvis to the floor. While lifting your feet the nose and chest should just brush the surface of the floor as the body moves forward like the movement of a snake. Do not strain to achieve this. Try to bring the hips as near to the floor as possible. This asana gently tones the female reproductive organs, alleviates menstrual disorders and is an excellent postnatal asana, strengthening and tightening the abdominal and pelvic regions. It is particularly useful for relieving back pain and general stiffness of the spine.

9. Triyakbhujangasana- left (dheemahi): Maintain in the bhujangasana only move your head left side and try to see the foot from the back. All the benefit of bhujangasana can achieve.

10. Triyakbhujangasana- right (dhiyo): Maintain in the bhujangasana only move your head right side and try to see the foot from the back. All the benefit of bhujangasana can achieve.

11. Sashangasana (Yonaha): Without moving your legs and hand bend your feet back and come back to sashangasana position as in 7.

12. Ardhatadasana (Prachodayat): Deeply inhale and come to the ardhatadasana position as in position 6.

13. Utkatasana (Bhu): Here we have to sit on toes baiancing our body. Your palms should be in namaskar position. Breathing should be normal through which pingla nadi will be strengthened.

14. Padahastasana (bhuwaha): Keeping your palms down on the earth and raise your feet and legs simultaneously similar position in 2.

15. Tadasana (sawaha): Breathing deeply and raise your feet, hand and head upward as in the position no.1. You should see upward.

16. Balasana (om): While making the noise of ohm bring down your hand down feeling the extraction of energy into your body. You should exhale while bringing down.

Duration – 15 Minutes
Precaution – Don't do fast

YOGA NIDRA:

Indian ancient saints as well as contemporary yogis have established a wonderful relaxation technique called Yoga nidra. There are several techniques to relax the body and mind, Yoga nidra is probably best – known technique to induce complete physical, mental and emotional relaxation.

According to Swami Satyananda Saraswati (2001), Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. Yoga Nidra is a state of consciousness, which is neither sleep nor hypnotism. It can be defined, as an alert state of consciousness.

With the help of Yoga Nidra every one can get full relaxation, and release their tension, and get mental relaxation (Pt. Sriram Sharma Acharya).

In yoga Nidra there are seven steps, preparation, relaxation, resolve , rotation of consciousness, breathing, image visualization, resolve.

The brain is the physical mediator of consciousness, linking mind, body and emotions into one harmonious unit. The neurosurgeon affects the body by stimulating the brain. The progressive movement of awareness through the part of the body not only induces physical relaxation, but also clears all the nerve pathways to the brain, both those governing the physical activity and those concerned with incoming information. At the same time we make a total run through the brain surface, from inside to out. In this way, Yoga Nidra relaxes the mind by relaxing the body.

Process -

1. Preparation - Please get ready for Yoga Nidra. Lie supine on the ground with hands and feet apart. Slightly stretch the body and allow the whole body to relax completely with eyes gently closed. During yoga Nidra you are functioning on the lev els of hearing and awareness, and the only important

thing is to follow the voice of instructor. Allow yourself to become calm and steady.

2. Relaxation - Become aware of different parts of the body starting from toes to head. Feel the spread of relaxation in all part of the body progressively.

3. Resolve - It should be a short, positive statement in simple language..... stated three times with awareness, feeling and emphasis. The resolve you make during Yoga Nidra is bound to come true in your life.

4. Rotation of consciousness (body part awareness) – We now being rotation of consciousness rotation of awareness by taking a trip through the different part of the body. Keep your self alert but do not concentrate too intensely. Become aware of the right side of the body, the left side of the body, back front, major parts.

5. Breathing – Draw your attention to the natural ingoing and outgoing breath. Be completely aware of the respiration.

6. Image visualization – Temple, mango's tree, Rising Sun, Twinkle stars, Burning candle, endless desert, Ganga's view, River view, Playing children snow capped mountains etc.

7. Resolve (Repetation)

8. Finish- Relax all efforts, draw your mind from out side, become aware of your breathing and body from the top of the head to the tips of the toes. Repeate aum two or three times. Become aware of your surrounding. Sit up slowly and open your eyes. The practice of yoga nidra is now complete.

Benefits of yoganidra-

- Relax the mind, minimize tension.
- Trained the mind.
- Clears up the unconscious.

- Awakens the creativity.
- Enhance memory and learning capacity.
- Counteracts stress.
- Manages psychological disorders.
- Manages psychosomatic disease.

Duration- 30 minutes

PRANAYAMA:

NADI SODHAN PRANAYAMA:

Pranayama is generally defined as breath control. The word Pranayama is comprised of two roots: prana plus ayama. Prana means 'vital energy' or 'life force'. It is the force which exists in all things, whether animate or inanimate. The word yama means 'control' and is used to denote various rules or codes of conduct. Ayama is defined as 'extension' or 'expansion'. Thus Pranayama means 'extension or expansion of the dimension of prana'. In the Pranayama practices there are four important aspects of breathing which are utilized. These are:

1. Pooraka or inhalation
2. Rechaka or exhalation
3. Antar kumbhaka or internal breath retention
4. Bahir kumbhaka or external breath retention.

Process of Nadi shodhan pranayama -Sit in any Dhyana asana (Padmasana, Siddhasana or Sukhasana) back to erect and eyes closed gently. Place Tarjani (second finger) and Madhyama (middle finger) finger on the middle of forehead, thumb on right nostril and Anamika (ring finger) on left nostril. Close right nostril and inhale slowly as far possible hold inside as per capacity and exhale slowly and completely from left only and hold for sometime. Like wise one have to do 3 times and similarly from right nostril 3

times as well. **And feel & visualize that your body is purifying visualize that with each inhalation Divine prana is flowing in the our body and with each exhalation the morbid matter or waste products going out from the body**. Then one have inhale from both the nostril and hold for some time and exhale through mouth. This will complete one cycle of Pranayama.

Duration – 10 Minutes
Precaution – Don't do fast

Dependent Variable-

STRESS:

Stress is defined as a genetically determined pattern of response to a demanding situation of the human physiology.

Stress (roughly the opposite of relaxation) is a medical term for a wide range of strong external stimuli, both physiological and psychological, which can cause a physiological response called a general adaptation syndrome, first described in 1936 by Hans Seley in the Journal Nature. An emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health which can be characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability and depression.

An emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health which can be characterized by increased heart rate arise in blood pressure, muscular tension, irritability and depression.

ANXIETY:

Anxiety is a complex combination of the feeling of fear, apprehension and worry often accompanied by physical sensations such as palpitations, chest pain and/or shortness of breath. It may exist as a primary disorder or

may be associated with other medical problems including other psychiatric disorders. Anxiety is a feeling of apprehension, worry, uneasiness or dread.

BLOOD PRESSURE :

Blood pressure is the amount of force exerted by the blood against the walls of the arteries. Usually, blood pressure is expressed in two numbers, "Diastolic" pressure (the bottom number) means the base level of pressure in the arterial system when the heart is momentarily relaxed between beats. "Systolic" pressure (the top number) is the force with which each pulse of blood presses against the arterial walls, as the heart pumps blood out. Such as 120/80, and is measured in millimeters of mercury (mm Hg).

ALPHA-EEG:

Electroencephalography (EEG) is the measurement of electrical activity produced by the brain as recorded from electrodes placed on the scalp. Alpha waves are electromagnetic oscillations in the frequency range of 8–12 Hz arising from synchronous and coherent (in phase / constructive) electrical activity of thalamic pacemaker cells in the human brain. They are also called Berger's wave in memory of the founder of EEG (Brazier 1970). Alpha waves are one type of brain waves, commonly detected by electroencephalography (EEG) or magnetoencephalography (MEG) and predominantly found to originate from the occipital lobe during periods of relaxation, with eyes closed but still awake. Conversely alpha waves are attenuated with open eyes as well as by drowsiness and sleep. They are thought to represent the activity of the visual cortex in an idle state.

HEMOGLOBIN:

Hemoglobin is a red pigment in red blood cells that can bind with oxygen and is largely responsible for the blood's oxygen-carrying capacity. Hemoglobin is composed of four polypeptide chains, two alpha (a) and two beta (b) chains.

It is the iron containing pigment in red blood cells that carries oxygen to the tissue cells. A reduction in red blood cells decreases the blood hemoglobin. A decreased blood hemoglobin concentration is called anemia. The decrease in hemoglobin concentration decreases the oxygen carrying capacity of blood. If severe, this decreased capacity may limit a person's capacity to exert them. Normal values of blood hemoglobin are 12 to 18 grams per 100 ml of blood. Healthy women have on average about 10 percent less hemoglobin in their blood than men do.

TLC :

T L C is total leucocytes counts. Leucocytes are the White Blood Cells, which are transparent and not colored. It fights against the infections, there are from 6000 to 10000 (with an average of 8000) in each cubic millimeter of blood.

DLC:

D L C is differential leucocytes count. Leucocytes or White Blood cells are Neutrophils or Polymorph, Basophills, lymphocytes and monocytes.

Hypotheses: -

The following **Directional hypothesis** will be set:

1. The Yogic intervention will significantly reduce the stress level of EG age 25-39 yrs.
2. The Yogic intervention will significantly reduce the anxiety level of EG age 25-39 yrs.
3. The Yogic intervention will significantly improve the systolic blood pressure of EG age 25-39 yrs.
4. The Yogic intervention will significantly improve the diastolic blood pressure of EG age 25-39 yrs.

5. The Yogic intervention will significantly improve the Alpha EEG of EG age 25-39 yrs.
6. The Yogic intervention will significantly improve the hemoglobin count of EG age 25-39 yrs.
7. The Yogic intervention will significantly improve T.L.C. level of EG age 25-39 yrs.
8. The Yogic intervention will significantly improve D.L.C. level of EG age 25-39 yrs.
9. The Yogic intervention will significantly reduce the stress level of EG age 40-50 yrs.
10. The Yogic intervention will significantly reduce the anxiety level of EG age 40-50 yrs.
11. The Yogic intervention will significantly improve the systolic blood pressure of EG age 40-50 yrs.
12. The Yogic intervention will significantly improve the diastolic blood pressure of EG age 40-50 yrs.
13. The Yogic intervention will significantly improve the Alpha EEG of EG age 40-50 yrs.
14. The Yogic intervention will significantly improve the hemoglobin count of EG age 40-50 yrs.
15. The Yogic intervention will significantly improve T.L.C. level of EG age 40-50 yrs.
16. The Yogic intervention will significantly improve D.L.C. level of EG age 40-50 yrs.

To study the comparison of the effect of yogic intervention on both experimental groups the following null hypothesis will be set,

17. There is insignificant difference in post mean of stress between age group 25-39 yrs and 40-54 yrs.
18. There is insignificant difference in post mean of anxiety level between age group 25-39 yrs and 40-50 yrs.

19. There is insignificant difference in post mean of systolic blood pressure between age group 25-39 yrs and 40-50 yrs.
20. There is insignificant difference in post mean of diastolic blood pressure between age group 25-39 yrs and 40- 50 yrs.
21. There is insignificant difference in post mean of Alpha EEG between age group 25-39 yrs and 40- 50 yrs.
22. There is insignificant difference in post mean of hemoglobin count between age group 25-39 yrs and 40- 50 yrs.
23. There is insignificant difference in post mean of T.L.C. level between age group 25-39 yrs and 40- 50 yrs.
24. There is insignificant difference in post mean of D.L.C. level between age group 25-39 yrs and 40- 50 yrs.

Research Methdology-

Sampling- For the present research Quota sampling will be used. Total 100 female subjects will be selected, 50 subjects will be selected age ranged 25-39 yrs and 50 subjects will be selected age ranged 40-50 yrs from D.A.V. Girls Degree College Yamuna Nagar (Hariyana), and divided in to two groups according to age 25-39 yrs and 40-50 yrs, for each age group 25 for experimental group and 25 for control group.

Yogic Intervention:

Total duration of intervention = 45days (continues except Sundays & Holidays)

Timing = 7:30 to 8:30 am (60 minutes)

Intervention Procedure:

Please sit in any comfortable meditative pose or in chair, if one cannot sit in meditative pose, make back, neck and head straight, then adopt the Gyan Mudra by connecting tips of thumb and index finger with rest of fingers straightforward. Gently close eyes and concentrate over breathing pattern. Let

mind to flow in and out with breath. Let it go up to five breathings then bring whole awareness at eyebrow centre and try to visualize rising sun. Feel spreading of golden light throughout head and gradually to whole body. Go for chanting of Gayatri Mantra together with altogether "Om bhurvabhuva swah tatsaviturvarenyam bhargo devasya dhimahi dhiyo yo nah prachodayat", Release hands and rub palms and give gentle massage to face and open eyes looking nearer.

Feel relax, tranquil and mentally prepared for further prescribed yoga practices.

Intervention Structure:

According to given serial yogic intervention will be followed.

- preparation, Gayatri Mantra
- Pragya Yoga 15 minutes by Pt. Sriram Sharma Acharya
- Yoga Nidra by Bihar School of Yoga 30 minutes
- Nadi Shodhan Pranayama 10 minutes by Pt. Sriram Sharma Acharya
- Shanti patha

Note- Total time for preparation and ending (Shanti patha) (5minutes)

Tools and Test Description:

1- **Mental Stress Scale** developed by Dr. M. Singh

2- **Sinha's comprehensive anxiety test** (SCAT) developed by A.K.P. Sinha & L.N.K. Sinha (1995).

3-. Alpha EEG (electro encephalo graph) - To measure the Alpha EEG, **Alpha EEG Biofeedback** has been used which is the process of monitoring

and displaying to an individual the ongoing Alpha EEG activity generated by his brain.

4- **Blood Pressure- Sphygmomanometer** (with mercury) is the instrument which has been used to measure the blood pressure.

5- To measure the **HEMOGLOBIN,** Hemometer (Sahili Method).

6- **TLC & DLC** by Monocular/Binocular microscope.

Statistical Analysis-

A control experimental design is incorporated for the study statistical analysis for the collected data would be done by T- test.

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